

**Full Report (All Nutrients) 05058, Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter**

Report Date: October 13, 2015 09:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Poultry Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 12% Refuse Description: Bone

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit (yield from 1 lb ready-to-cook chicken) 84g	0.5 breast, bone removed 140g
<b>Proximates</b>						
Water	g	51.64	--	--	43.38	72.30
Energy	kcal	260	--	--	218	364
Energy	kJ	1088	--	--	914	1523
Protein	g	24.84	--	--	20.87	34.78
Total lipid (fat)	g	13.20	--	--	11.09	18.48
Ash	g	1.33	--	--	1.12	1.86
Carbohydrate, by difference	g	8.99	--	--	7.55	12.59
Fiber, total dietary	g	0.3	--	--	0.3	0.4
Sugars, total	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	20	--	--	17	28
Iron, Fe	mg	1.25	--	--	1.05	1.75
Magnesium, Mg	mg	24	--	--	20	34
Phosphorus, P	mg	185	--	--	155	259
Potassium, K	mg	201	--	--	169	281
Sodium, Na	mg	275	--	--	231	385
Zinc, Zn	mg	0.95	--	--	0.80	1.33
Copper, Cu	mg	0.060	--	--	0.050	0.084
Manganese, Mn	mg	0.054	--	--	0.045	0.076
Selenium, Se	µg	28.0	--	--	23.5	39.2

**Vitamins**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit (yield from 1 lb ready-to-cook chicken) 84g	0.5 breast, bone removed 140g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.115	--	--	0.097	0.161
Riboflavin	mg	0.146	--	--	0.123	0.204
Niacin	mg	10.523	--	--	8.839	14.732
Pantothenic acid	mg	0.823	--	--	0.691	1.152
Vitamin B-6	mg	0.430	--	--	0.361	0.602
Folate, total	µg	15	--	--	13	21
Folic acid	µg	9	--	--	8	13
Folate, food	µg	6	--	--	5	8
Folate, DFE	µg	21	--	--	18	29
Choline, total	mg	64.8	--	--	54.4	90.7
Betaine	mg	16.4	--	--	13.8	23.0
Vitamin B-12	µg	0.30	--	--	0.25	0.42
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	20	--	--	17	28
Retinol	µg	20	--	--	17	28
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	67	--	--	56	94
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	1.06	--	--	0.89	1.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1	0.1
Vitamin D	IU	6	--	--	5	8
Vitamin K (phylloquinone)	µg	2.4	--	--	2.0	3.4
<b>Lipids</b>						
Fatty acids, total saturated	g	3.520	--	--	2.957	4.928
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit (yield from 1 lb ready-to-cook chicken) 84g	0.5 breast, bone removed 140g
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.010	--	--	0.008	0.014
14:0	g	0.080	--	--	0.067	0.112
16:0	g	2.350	--	--	1.974	3.290
18:0	g	1.040	--	--	0.874	1.456
Fatty acids, total monounsaturated	g	5.460	--	--	4.586	7.644
16:1 undifferentiated	g	0.370	--	--	0.311	0.518
18:1 undifferentiated	g	4.970	--	--	4.175	6.958
20:1	g	0.070	--	--	0.059	0.098
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	3.080	--	--	2.587	4.312
18:2 undifferentiated	g	2.780	--	--	2.335	3.892
18:3 undifferentiated	g	0.150	--	--	0.126	0.210
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.060	--	--	0.050	0.084
20:5 n-3 (EPA)	g	0.010	--	--	0.008	0.014
22:5 n-3 (DPA)	g	0.010	--	--	0.008	0.014
22:6 n-3 (DHA)	g	0.020	--	--	0.017	0.028
Cholesterol	mg	85	--	--	71	119
<b>Amino Acids</b>						
Tryptophan	g	0.285	--	--	0.239	0.399
Threonine	g	1.022	--	--	0.858	1.431
Isoleucine	g	1.252	--	--	1.052	1.753
Leucine	g	1.830	--	--	1.537	2.562
Lysine	g	1.970	--	--	1.655	2.758
Methionine	g	0.657	--	--	0.552	0.920
Cystine	g	0.339	--	--	0.285	0.475
Phenylalanine	g	0.991	--	--	0.832	1.387
Tyrosine	g	0.812	--	--	0.682	1.137
Valine	g	1.216	--	--	1.021	1.702
Arginine	g	1.515	--	--	1.273	2.121
Histidine	g	0.730	--	--	0.613	1.022
Alanine	g	1.391	--	--	1.168	1.947

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit (yield from 1 lb ready-to-cook chicken) 84g	0.5 breast, bone removed 140g
Aspartic acid	g	2.158	--	--	1.813	3.021
Glutamic acid	g	3.942	--	--	3.311	5.519
Glycine	g	1.467	--	--	1.232	2.054
Proline	g	1.255	--	--	1.054	1.757
Serine	g	0.908	--	--	0.763	1.271
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Languag Code(s)**

- A0273 POULTRY OR POULTRY PRODUCT (US CFR)
- A1275 0500 POULTRY PRODUCTS (USDA SR)
- B1198 BROILER OR FRYER CHICKEN
- C0267 SKELETAL MEAT PART, WITHOUT BONE, WITH SKIN
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0025 COOKED WITH ADDED FAT OR OIL
- H0181 IRON ADDED
- H0184 MILK ADDED
- H0185 EGG YOLK ADDED
- H0188 BREADED OR BATTER-COATED
- H0194 NUTRIENT OR DIETARY SUBSTANCE ADDED
- H0248 FAT FULLY REMOVED
- H0309 THIAMINE ADDED
- H0310 RIBOFLAVIN ADDED
- H0311 NIACIN ADDED
- H0319 WHEAT ADDED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0004 LIGHT MEAT
- Z0158 BREAST (POULTRY MEAT CUT)